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TOUGH-ACTIN' TWEENS
WHY DO SO MANY KIDS UNDERDRESS IN COLD WEATHER? {page 15}

TOUCHY
REPORTER GETS TOO PERSONAL FOR BIEBER {page 14}

CALGARY metro®
Monday, January 10, 2011
www.metronews.ca
News worth sharing.

Travellers stranded in snowstorm

Passenger killed in weather-related collision near Strathmore ◐ Residents report multiple communities in north Calgary snowed in ◐ Low temperatures, flurries forecast for most of the week

Eagerness to get home quickly turned to frustration for a Calgary couple as they were stranded on the Trans-Canada Highway with dozens of other motorists for much of the weekend.

A severe winter storm descended on southern Alberta Saturday afternoon, creating whiteout conditions and impassable roads throughout much of the region. This led Alberta Transportation, with the assistance of RCMP, to close the major highway for most of a full day.

Tara Bjella and her wife, Mallory, were returning on the Trans-Canada from a holiday trip to Saskatchewan when they were forced to stop in the middle of the road near the Highway 842 turnoff, about 90 kilometres southeast of Calgary.

"There's enough places on the road that if they were going to close it they should have moved the traffic somewhere," Bjella said, noting nearby gas stations would have been able to provide food and shelter.

With little information, the two bundled up inside their Jeep Wrangler. They spent much of the night sleeping in shifts and sparing fuel whenever possible.

Finally, 21 hours later, they were able to head to a shelter in Gleichen and then to Strathmore.

RCMP spokesperson Patrick Webb said measures to close a highway are undertaken as quickly as possible.

"These things happen for the safety of the people," he said. "Our recommendation to people is that they should be prepared to be stopped anywhere."

JEREMY NOLAIS

Buried

- The Alberta Motor Association reported wait times of four to eight hours for roadside assistance in the Calgary area yesterday afternoon.
- Strathmore declared a state of emergency Saturday night as crews began searching nearby highways for motorists and transporting them to makeshift shelters.
- Gleichen and Bassano also opened local facilities to those stranded on the roads.

Babchuk. Blast

▶ Defenceman Anton Babchuk wires a slapshot during the hardest-shot event.

JEREMY NOLAIS/METRO

Flames shoot for skills supremacy

Thousands of Calgary Flames fans braved cold temperatures and rough roads to attend the Danone SuperSkills competition yesterday morning at the Saddledome. Flames stars competed alongside midget hockey standouts in various events, including a breakaway relay, shooting-accuracy competition and fastest-skater race. More photos from the event are available online at metronews.ca.

Toxic politics in the U.S.

Assassination attempt shines light on vicious rhetoric {page 6}

Fourth provider

Words of business wisdom from Wind Mobile's founder {page 18}

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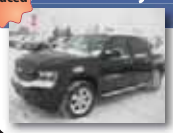
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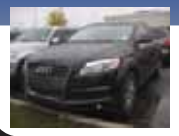
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Council to vote on taxi study

Taxi shields are coming forward again today with council voting on whether or not to ask for a peer review study to be done.

Council will decide if they want the Taxi and Limousine Advisory Committee to conduct a study, which will look at what cab companies in other cities are doing.

"It has to see what the trend is for all taxi companies that are in comparable cities," said Stephanie Ho Lem, chair of the committee.

Ho Lem said she's undecided about safety partitions, but fellow TLAC member and taxi driver Rajiv Kapil said he believes they are necessary.

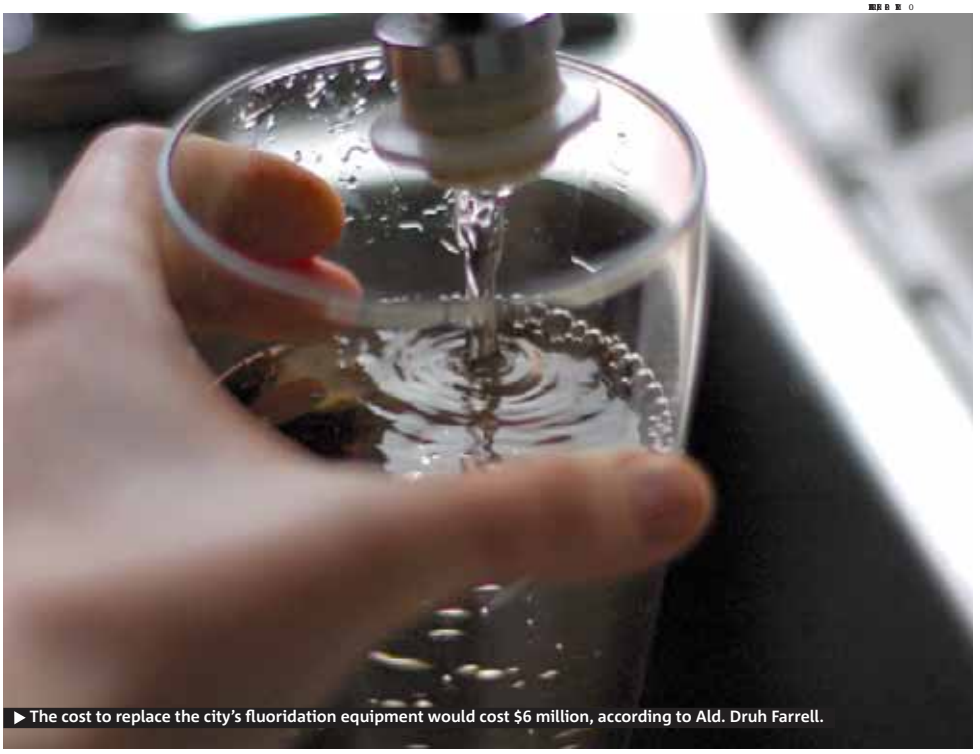
KATIE TURNER

Last inquiry for RCMP deaths

A final inquiry begins today into how four Alberta Mounties were murdered six years ago, but the mother of one of the victims is more concerned about what has changed to make police safer.

"There's going to be a part (at the inquiry) where we can see what was in place for the RCMP prior to March 3rd, and see what they've put in place now. That to me is critical. Otherwise there are no lessons learned," said Colleen Myrol. "If there's any way we can save somebody else's family from going through this, personally, I think that's the purpose of this inquiry."

Her son Brock Myrol was one of the officers ambushed and killed by James Roszko in a Quonset hut on his farm near Mayerthorpe on March 3, 2005. THE CANADIAN PRESS



▶ The cost to replace the city's fluoridation equipment would cost $6 million, according to Ald. Druh Farrell.

Finances soak fluoride debate

Issue of removing fluoride from Calgary's water will be debated at council today ◐ Removing fluoride would save the city $750,000 annually

KATIE TURNER
CALGARY@METRONEWS.CA

Although removing fluoride from Calgary's water would save money, some aldermen argue cost shouldn't factor into the debate.

Ald. Druh Farrell will bring forward a notice of motion today asking city council to vote in favour of removing fluoride from the city's water.

She said if fluoride is kept in the water, the city's fluoridation equipment will need to be replaced.

"Water Services has identified approximately $6 million (to replace the equipment)," she said. "This isn't a monetary issue for me, but it did highlight the timing so that we didn't have a throw-away capital investment."

Farrell suggests a portion of the $6 million, as well as the annual savings, could be used to provide fluoride treatment for low-income Calgarians.

"We could establish a fund that could be then turned over to a dental association or Alberta Health Services to provide this service. It would be providing a more targeted approach."

Ald. Gord Lowe said factoring money into the debate is the wrong approach.

"It is a health issue and to use that as the excuse to take it out, in my view, that's a sorry excuse."

Need to know

- The final decision to remove fluoride from Calgary's water will fall on Alberta Environment.
- Fluoride was first introduced to Calgary's water system in 1989.
- There have been six plebiscites issued on fluoridation in the past.

1 news

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Guidy Mamann on why patience is sometimes the only option when dealing with sponsoring a newcomer to Canada. More at metronews.ca/immigration

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Oilsands explosion investigated

Authorities have shut down an oilsands upgrader in northern Alberta for an indefinite time as they try to figure out what caused part of the plant to explode, injuring as many as five workers.

Alberta Labour Minister Thomas Lukaszuk said Friday his ministry's Occupational Health and Safety department has ordered Canadian Natural Resources Ltd. to stop work at its Horizon site until it is deemed safe.

"What we actually effectively do is similar to putting a yellow crime-scene ribbon around the work site," Lukaszuk told reporters.

The blast took place around 3:30 p.m. Thursday at an upgrader, a facility that converts molasses-thick bitumen into a lighter type of crude that refineries can process into gasoline and other products.

THE CANADIAN PRESS

Budding 10-year-old artist creates comics

KATIE TURNER/METRO

▶ Roslin Chen, 10, said she hopes to continue creating more comic books in the future.

Roslin Chen's first comic book series is about a family of bunnies

KATIE TURNER
CALGARY@METRONEWS.CA

Roslin Chen says she's always thinking about things she could draw, and recently the 10-year-old Calgarian began putting pencil to paper to create comic books.

"I like drawing all sorts of stuff," Chen said. "I just started drawing comic books this year."

Chen said she loves drawing so much that she has to draw at least once a day or she doesn't feel comfortable.

"I draw mostly everyday."

Roslin's father, Arthur Chen, said his daughter has been drawing since she was old enough to hold a pen.

"When she started, you could see it was very basic but she's getting much better," he said. "I really like the idea that she can make comics. She's telling the story."

Before she begins drawing her comic books, Chen said she likes to make a list of the characters with their ages and names.

The young drawer doesn't take art classes and is self-taught. She said she one day hopes to become an artist.

"I like being creative."

Talent

Chen is in Grade 5.

- She has been drawing since she was two-and-a-half years old.
- In addition to drawing comic books, she makes handmade birthday cards for her friends and family.

News in brief

Teen stabbed to death

PARTY. An 18-year-old male is dead after being stabbed at a hall party inside Edmonton's Killarney Community Centre early yesterday morning.

A police spokesperson said officers arrived on scene shortly before 1:30 a.m. and found three others suffering from stab wounds as well. METRO

Winds disrupt downtown core

CLOSED. Part of Calgary's downtown core was closed Saturday night as wild winds dislodged part of a sign on a building in the 400 block of 11th Avenue SE.

Fire crews arrived and used an aerial platform to remove the entire sign. METRO

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Arizona massacre highlights toxic politics in U.S.

Congress member Gabrielle Giffords fights for life in hospital

The attempted assassination of an Arizona Democrat who backed Barack Obama's health-care overhaul and opposed her state's controversial illegal immigration crackdown has ignited debate about the toxic rhetoric plaguing the nation's political discourse.

U.S. Congresswoman Gabrielle Giffords was fighting for her life yesterday in a Tuscon hospital, but expected to survive after she was shot in the head at point-blank range a day earlier while meeting with constituents outside a grocery store.

She was the primary target of a 22-year-old suspect now in custody; six others, including a federal judge and a nine-year-old girl who was born on Sept. 11, 2001, were killed. Another suspect was being sought yesterday by the FBI.

SUSAN WALSH/THE ASSOCIATED PRESS

▶ Gabrielle Giffords

In the hours following the shooting, a disturbing array of information emerged about Jared Lee Loughner, a self-described Adolf Hitler fan with a loathing of government. Revelations that he was a "political radical" angry at government resulted in almost immediate political ramifications.

Leading congressional Republicans said they would postpone plans to vote on repealing Obama's health-care legislation this week in Congress. The website of Sarah Palin's action committee also removed a map of the U.S. that featured Giffords' congressional district, along with several others, placed under crosshairs.

"The way that she has it depicted has the crosshairs of a gun sight over our district; when people do that, they have got to realize there are consequences," Giffords said in March.

THE ASSOCIATED PRESS

Montreal mom calls for nurse-in

Supporters are rallying behind a Montreal mother who was asked to stop breastfeeding her five-month old baby in the play area of a downtown children's store.

Shannon Smith was shopping at a store called Orchestra this week when her infant got hungry, so she began to nurse him in a semi-secluded seating area for kids.

A store clerk approached soon afterward, Smith said, instructing her and another mother who was breastfeeding nearby to stop.

Smith's blog post about the incident has spread quickly online, and supporters are planning to stage a nurse-in at the store later this month.

THE CANADIAN PRESS

"It's shocking to me that people still have an attitude that women shouldn't breastfeed in public."

SHANNON SMITH

▶ Former U.S. president Jimmy Carter and former UN secretary general Kofi Annan in Juba, Sudan.

SUDAN GOES TO THE POLLS IN REFERENDUM

Around four million Southern Sudanese voters have begun casting their ballots in a week-long referendum on independence expected to split Africa's largest nation in two.

South Sudan president Salva Kiir called the vote a "historic moment" as he cast his vote in front of a cheering crowd of hundreds of Sudanese voters lined up in front of the polling station, along with actor and Sudan activist George Clooney and U.S. Senator John Kerry.

The oil-rich, mainly Christian south is widely expected to secede from the mainly Muslim north. The north has promised to let the south go peacefully if it votes to secede.

The referendum is part of a 2005 peace deal that ended a two-decade civil war in which over two million died.

U.S. President Barack Obama said yesterday in the New York Times that the vote and the action of the leaders of Sudan will help determine whether Sudan will "move toward peace and prosperity, or slide backward into bloodshed."

THE ASSOCIATED PRESS

Canadian forces step up efforts in Panjwaii

It has long been Canada's problem child in Kandahar.

The Panjwaii district has vexed the military brain trust for years. It is the cradle of the Taliban movement, the insurgency's spiritual heartland. Many Taliban fighters hail from the district's dominant Noorzai tribe, so the sympathies of villagers do not always lie with foreign forces.

It is one of the last three districts of Kandahar still under Canada's watch. The other districts, Dand and Daman, are relatively stable by comparison — "relatively" being the operative word.

So with seven months left on Canada's combat clock, time is running out to pacify the Panjwaii.

Canadian troops are in the midst of a massive effort to do just that.

STEVE RENNIE/THE CANADIAN PRESS

▶ Canadian soldiers move through the village of Khenjakak in southern Afghanistan.

Soldiers have recently stepped up their searches for hidden caches of enemy weapons. Crews are building a major road through the district. Troops are fanning out across Panjwaii. They are holding ground where they haven't before. Afghan and Canadian forces are striking villages, scattershot, to keep the insurgents off-kilter.

THE CANADIAN PRESS

Hearts and minds

Canadians have stepped up their use of psychological warfare in Panjwaii.

- Radio ads, billboards and leaflets urge locals to point out improvised explosive devices.
- PsyOps teams venture into the villages, hoping to win local trust and support.

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No Baffinland deal yet for ArcelorMittal

- Demand for iron ore has returned since the recession
- India and China's economies also back in high gear

The standoff between the world's largest steelmaker and a private equity fund over Baffinland Iron Mines Corp. appears headed for a stalemate.

A takeover offer by ArcelorMittal was set to expire at midnight tonight, but whether the company was going to receive enough shares to cement its bid was unclear.

And that's just fine for former Baffinland chief executive Gordon McCreary, who welcomes any delay as he works to put together a third option with an unidentified Chinese firm.

"Time is my biggest enemy in terms of trying to attract the Chinese to move on this," says McCreary, who is expected to head to China this week to talk to his potential investor.

McCreary, who stepped down from the Baffinland board in November after ArcelorMittal's friendly deal was announced, believes both of the current offers greatly undervalue the company's potential.

The two current potential buyers are fighting to control Baffinland's Mary River project on northern Baffin Island, about 1,000 kilometres northwest of Iqaluit. It contains 865 million tonnes of iron ore reserves in three deposits. In exploration this year, Baffinland identified six other potential deposits.

Luxembourg-based ArcelorMittal has been building up its iron ore reserves as it seeks to protect itself against price increases in the metal.

THE CANADIAN PRESS

Baffinland

ArcelorMittal has offered $1.40 per share in a deal that values the company and the massive Mary River iron ore project deep at about $550 million.

Nunavut Iron has offered $1.45 per share plus a fraction of a warrant, but it only wants to take control of the company by increasing its stake in Baffinland to 60 per cent.

Storage. For life

▶ Kai Pommerenke shows off his website and the books he used for build his site at his home in Santa Cruz, Calif.

PAUL SAKUMA/THE ASSOCIATED PRESS

Forever and ever?

Kai Pommerenke, a University of California, Santa Cruz, economist, last month launched a non-profit he calls the first online storage service to guarantee your data forever. Chronicle of Life charges one dollar per megabyte of data stored.

Industry Canada panel looks at payday loans

Ottawa has joined the provinces to look for cheaper alternatives to controversial "payday" loans, as Canada's mainstream financial institutions largely ignore the fringe credit market for low-income workers. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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IS POPPING A PILL THE RIGHT PRESCRIPTION?

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JANICE PASKEY

His daughter calls him a "manorexic."

And he exercises hard. But still he takes a drug to lower his cholesterol. So, like thousands of Albertans, James Stone — that's University of Calgary cardiologist Dr. James Stone — fits right into an Alberta trend.

Consider: The No. 1 drug billed to the Alberta government is Lipitor, a cholesterol-lowering drug. Thousands more buy it privately.

Lipitor is the bestselling prescription drug of all time.

What does this say about us?

"We didn't traditionally have much access to food and had to work very hard to get it. Now, we have tremendous access, don't have to work hard," says Stone, 57.

"Research over 15 years shows that the lower your cholesterol levels, the better you do from a cardiovascular standpoint," Stone says. Cholesterol is blood fat linked to heart attack and stroke.

In Alberta, we spend $20 million annually covering Lipitor for seniors, widows and others who qualify for aid.

Indeed, a Lipitor TV ad shows the most handsome middle-aged man on the planet walking his dog in a forest. If he can't get his cholesterol in check, how can mere mortals?

Stone believes diet and exercise often don't bring enough change.

"Stone believes diet and exercise often don't bring enough change ... He thinks cholesterol drugs are worth the cost and side-effects."

"Sometimes we need to treat people aggressively," Stone says.

He thinks cholesterol drugs are worth the cost and side-effects. Disclaimer: He once consulted for Lipitor.

At 50, Stone began to eat less and exercise. It took seven years to make changes.

That's why he thinks early prevention is key.

We're part of a tough trend, though. At birth our cholesterol is low, but in adulthood it rises two to three times that of non-Westernized people.

So the medically okay cholesterol level has been reset upwards, Stone says. He wants his patients to aim lower.

Sure, the Alberta Health and Stroke Foundation has good prevention efforts.

There's Heart Check-vetted grocery foods and menu items at restaurants like Husky House.

You can email a much-loved fatty recipe and have it remade by AHSF experts.

Alberta's Healthy U site has excellent recipes, cooking videos even.

But try as we might, the message behind Alberta's drug costs points to a simple, stubborn equation.

Too much food in; not enough work out.

Calgarians, we're not mavericks, just Lipitor-ites in waiting.

Cartoon

MICHAEL DE ADDER

Info not so free: Study

Worth mentioning

A new study ranks Canada dead last in an international comparison of freedom of information laws — a hard fall after many years being judged a global model in openness.

The study by a pair of British academics looked at the effectiveness of freedom of information laws in five parliamentary democracies: Australia, New Zealand, Ireland, the United Kingdom and Canada. New Zealand placed first and Canada last.

The authors criticized Canadian FOI law as an antiquated system that generally prevents citizens from filing requests electronically and compels them to submit paper cheques to cover fees.

As freedom of information came to be regarded as a building block of modern governance, countries around the globe would often seek Canada's advice on how to implement such legislation. But today, with more than 70 countries on the FOI bandwagon, Canada has become a laggard — and, paradoxically, an occasional source of advice on how not to implement freedom of information, says Canada's information commissioner Suzanne Legault.

"I'm not surprised that they ranked Canada last," she said of the latest study. "We were seen as the leaders ... We have fallen behind." THE CANADIAN PRESS

Falling behind

What's your least favourite day of the week? Why?

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Advertising: 403-444-0136• adinfocalgary@metronews.ca • calgary_distribution@metronews.ca
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Metro Minute at Motown revue

When a man loves a woman, he might take her to a continuing show tonight at Stage West Calgary, located at 727–42 Ave. SW.

Motown: A Musical Revue will run until Jan. 30 and features the works of artists like Marvin Gaye and Stevie Wonder.

For a full list of showtimes and ticket prices, visit stagewestcalgary.com.

Tickets can be purchased by calling the box office, which opens at 10 a.m. daily, at 403-243-6642.

So get your bellbottoms and hair picks ready, grab yourself a date and prepare to enjoy some music.

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▶ Stage West Calgary is hosting Motown: A Musical Revue.

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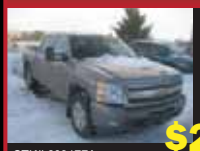

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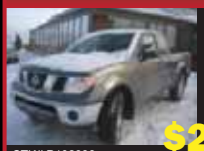

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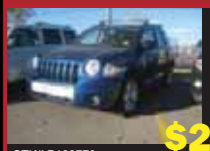

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STK# P102770

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Leather, Spoiler, ABS, Traction Control

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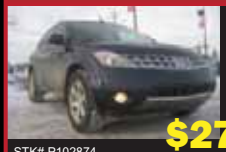

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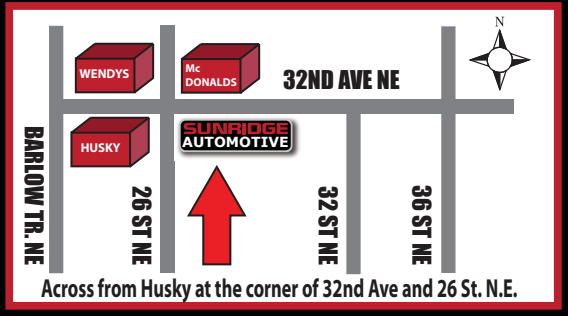

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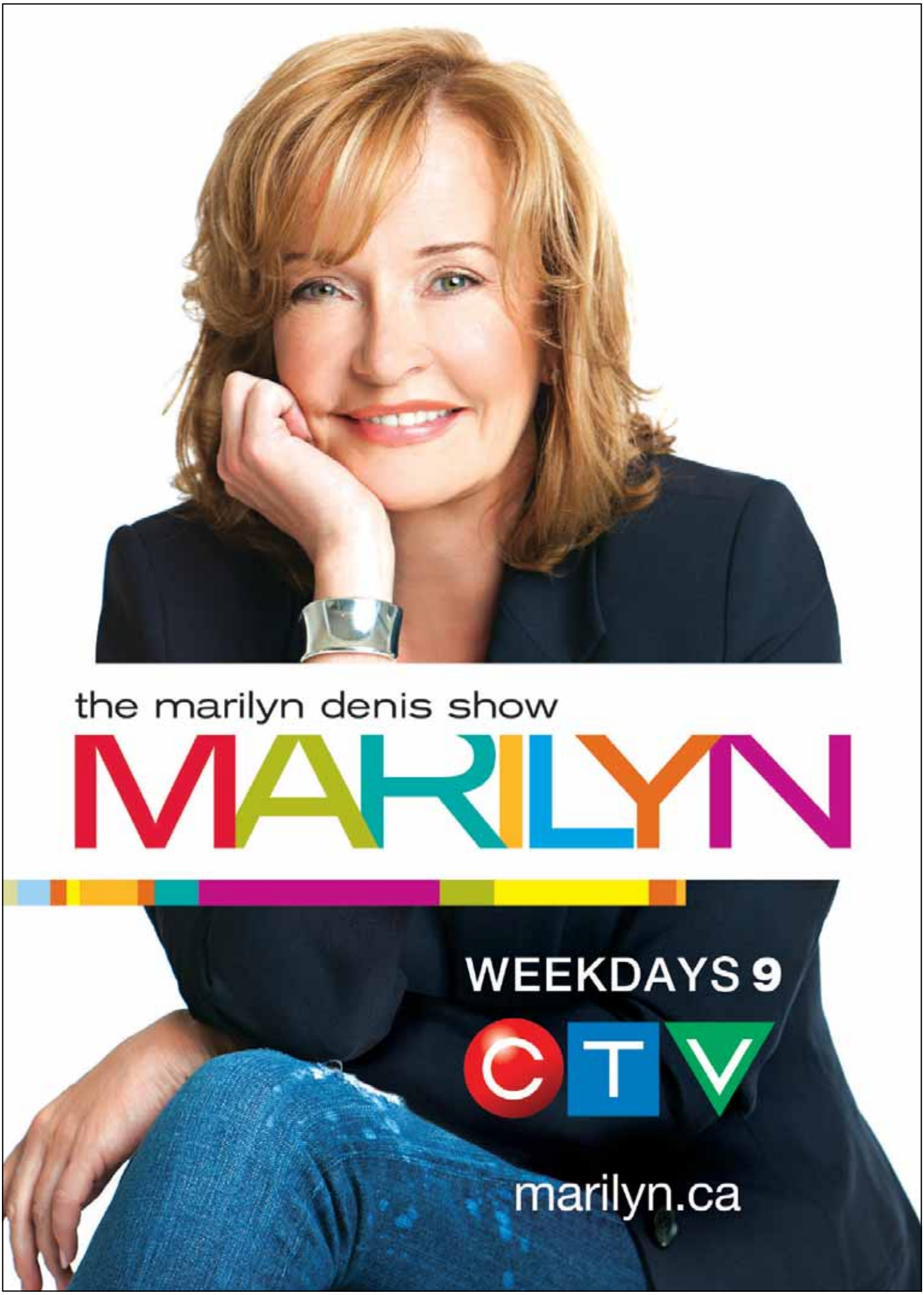
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Controversial series looking for a home

CENTRAL IMAGE AGENCY

▶ Katie Holmes is pictured with her daughter, Suri, leaving the set of The Kennedys.

- **TV show about the Kennedy family won't air on History channel**
- **Eight-part series starring Katie Holmes faced major backlash**

After the History channel said it would not air a controversial miniseries on the Kennedy family, producers were already seeking another television home.

The Showtime pay cable network has been approached to air the eight-part series, a spokesman said on Saturday. Eight years ago, Showtime aired a movie about President Reagan that CBS had made but decided not to broadcast when it faced pressure from some of that former president's family.

Showtime won't make a decision about the Kennedy miniseries until its executives have a chance to see it, spokesman Richard Licata said.

The multi-million dollar miniseries, which stars Greg Kinnear and Katie Holmes as John and Jackie Kennedy, was History's most expensive project ever. But the network issued a statement late Friday saying that after watching the finished product, "we have concluded this dramatic interpretation is not a fit for the History brand."

Producers have sold the rights to air the series in other countries, including Canada.

The producers, Muse Entertainment and Asylum, said in a statement they were confident television viewers in the U.S. would have a chance to see the series, though a concerted effort was made to quash it. Liberal filmmaker Robert Greenwald collected 50,000 petitions urging History not to air it, and he produced a short film condemning the project on a website, stopkennedysmears.com.

He had been given an early script, which included one scene where President Kennedy tells his brother Robert about his need to have sex with other women.

Former Kennedy aide Theodore Sorensen also harshly condemned the film, saying scenes in the script where he was depicted didn't actually occur.

THE ASSOCIATED PRESS

Jackie's tapes

- Hyperion, a Disney-owned publisher, in September plans to release a book and audiotapes based on interviews that Jackie Kennedy gave to historian and family friend Arthur Schlesinger Jr. in 1964.
- They had been sealed since then but will be released on the OK of daughter Caroline Kennedy, who is scheduled to edit the project and write an introduction.
- This year marks the 50th anniversary of the first year of Kennedy's presidency.

2 scene

Box office

True Grit has seized the reins at the weekend box office with $15 million, taking the No. 1 spot and becoming the first Western to top the $100 million mark since the 1990s. The film, starring Jeff Bridges and Matt Damon, bumped off Robert De Niro and Ben Stiller's comedy Little Fockers, which was No. 1 the previous two weekends. Little Fockers slipped to second with $13.8 million, raising its total to $124 million. Directed by Joel and Ethan Coen, True Grit lifted its total to $110.4 million.

THE ASSOCIATED PRESS

PBS may revisit Loud family to coincide with HBO film

Arquette gone wild?

David Arquette's decision to check into rehab was apparently preceded by an impressive fall while partying at a bar, according to Page Six.

"David has not handled the split (from Courteney Cox) well. He's been drinking heavily and just went wild," a source says. "At Trousdale, he got wasted and tried to do the worm, but ended falling on his face and smashing up his nose. There was blood everywhere."

After the accident, Arquette reportedly hopped a private plane to continue partying in Miami, where sources say he refused to take off a "Lone Ranger-style mask" that hid the swelling from his accident. METRO

It's a boy for Kerr and Bloom

Miranda Kerr and Orlando Bloom welcomed a son this weekend in Los Angeles, according to Hollyscoop. Kerr reportedly went into labour early in the morning on Saturday and was taken to an L.A. hospital, accompanied by Bloom and her parents. METRO

Justin Bieber talks love life (or not)

Pop singer shoots down questions about Selena Gomez He says Cheryl Cole is 'too old' for him

ALL PHOTOS GETTY IMAGES

Justin Bieber is getting touchy about questions about his love life. When a reporter from Heat pressed him on rumors about he and Selena Gomez dating, the Canadian teen star interrupted, saying, "I think that question is just asked way too much," Bieber said.

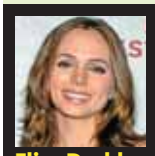
"I'm not going to be able to have a personal life if I keep being asked that question. So I'm not answering that question ever again."

And when the reporter asked him about a possible crush on X-Factor star Cheryl Cole, Bieber was equally combative. "Well, first of all, it would be illegal cause she's, like, too old," he said. "My mom's 35, so she's closer to my mom's age than she is mine." METRO

▶ Justin Bieber is reluctant to discuss romance rumours.

Celebrity tweets

Paula Abdul [@Paula Abdul] you may tweet people that don't get back to you right away. PLEASE understand that they're HUMAN. they do what they can & that's enough.



Eliza Dushku [@elizadushku] Diggin' the Las Vegas CES digital world..! Meeting MAD peeps & peeping CRAZY new gadgets.

Conan O'Brien [@ConanOBrien] After seeing "Black Swan" last night, I no longer think I have what it takes to be a great ballerina.

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News worth sharing.

- Many tweens and teens are refusing to put on coats, even in freezing temperatures
- Experts say girls may feel uncool, while boys may be dealing with developing masculinity

SHELLEY ROGERS LANDES/ THE ASSOCIATED PRESS

▶ Many tweens are wearing sweatshirts and shorts year-round and are so insistent that some parents have given up the winter wear fight.

Winter is about snow and coatless tweens?

Among the great spectacles of winter, along with the northern lights and frozen lakes, are coatless kids.

For example, Jack Rogers, 12, of Fishers, Ind., was wearing shorts last week.

"(I've seen) girls and boys with sweatshirts and sneakers in a blizzard..."
AUTUM O'BRYAN, PARENT OF ONE

"I have to pick and choose my battles," says Jack's mom, Shelley Rogers Landes. "I need to let him make decisions that really are inconsequential at the end of day."

Jack explained his reasons for dressing light in winter: "Coats are just a hassle, putting it all on. It makes me bulky. I just like to be in short sleeves."

Carleton Kendrick of Millis, Mass., a family therapist, says that for teens, "wearing bulky winter coats, gloves, boots and hats screams nerd, geek, baby, dork ... UNCOOL!"

Kevin Nadal, an assistant professor of psychology at John Jay College of Criminal Justice in New York City, says, "boys at this stage are dealing with developing their masculinity. So in many ways, toughing it out by not wearing warm enough clothes may be a way for them to appear manly."

Some parents, however, refuse to capitulate to the "dress-like-it's-June" mentality.

"It is worth the fight," said Mara Woloshin, mother of a 14-year-old in Portland, Ore.

"Kids will work to wear parents down. At the same time, very few parents know that a gentle 'no way' goes a long way toward gloves and a hoodie.

"It's our job as parents to make men out of boys and try to civilize them in the process!"

Dr. Art Strauss of Alaska says frostbite is seen most often among people who are unprepared for extreme cold. He adds that tourists in Alaska who watch the Northern Lights but fail to cover their ears sometimes develop "Dumbo ears" — severe swelling, blistering and redness.

"This should make any teen with any shred of vanity wish to wear a hat in colder temperatures," Strauss said.

THE ASSOCIATED PRESS

NEWS CANADA

Keep winter wear cosy with proper care

There is nothing like cosying up in a warm sweater during the chilly winter months, but winter clothing can often need special care to look its best.

Whether it's treating a hot chocolate stain or airing out smelly hockey gear, laundry can be especially challenging when winter comes around.

Battle those mounting laundry piles with these useful tips to ensure your winter wear stays fresh.

Blow the whistle on hockey equipment

Kids across the country wait all year long for hockey season to begin so they can get back on the ice.

But hockey season also means the return of the dreaded hockey bag smells.

After practice or a game, be sure to find a place to air-out hockey gear overnight before washing. This defensive play will help avoid set-in smells.

Stay soft

As the season changes, so do the feel and texture of our clothes.

Parents can face day-to-day challenges trying to get their kids into warm — but often scratchy and rough — winter gear.

For those parents wanting softer clothes without added perfumes, try using a fabric softener without dyes or fragrances. It still does the job without the pungent smell.

Tackle laundry piles

Condensing your whole family's laundry into darks, lights and delicates will help you assess your laundry load for the week.

Teach your kids to take their dirty clothes to a master area each night.

If your children are old enough, teach them to share in household chores by learning to be a laundry expert. It can be a chance for them to take on new responsibilities. **NEWS CANADA**

▶ Winter clothes often require special care.

3 life

Laundry tips

This winter, follow these laundry tips and tricks on how to best care for winter fabrics, so you can leave the house feeling warm, cosy and fashionable.

- Soften rough fabrics by washing clothes with Ultra Downy Free & Sensitive, a liquid fabric softener that is free of dyes and perfumes.
- Be sure to clean your winter jacket pockets of tissues and lip balm before loading into the washing machine.
- Mittens, hats and scarves need to be washed just as often as our other clothing.
- Wash fleece clothing inside-out and machine-dry on low to keep it soft and prevent pilling.

NEWS CANADA

Innovative product winners from Good Housekeeping include corckscrew bobby pin.

Spotlighting P.E.I.'s people, places and food

DARREN CALABRESE/THE CANADIAN PRESS

▶ Chef Michael Smith's web series features him exploring his home province and cooking simple dishes.

Chef Michael Smith stars in Food Country, a new web series

Chef Michael Smith is putting his home province in the spotlight with a new online web series featuring the people, places and foods of Prince Edward Island.

The Food Network Canada star is teaming with the Culinary Alliance of Prince Edward Island to produce Food Country.

The 24-episode series features Smith as he sources ingredients throughout P.E.I. and returns to his kitchen to cook and create delicious dishes.

A new episode will launch each week, alternating between "field" and "kitchen" episodes.

The field features will see Smith visiting potato farms, vegetable farms, beef farms, oyster beds, local markets and a vodka distillery, or heading out onto the water aboard a lobster boat.

Meanwhile, in the kitchen, he will transform ingredients that he discovers into simple dishes.

The debut episode features Smith visiting the vegetable farm Brookfield Gardens.

"We're showing the world what a special food destination we are, how food is woven into the tapestry of our culture and why we're worth a special visit," Chef Smith said in a release.

THE CANADIAN PRESS

Chef Michael Smith Online
To get more information about the show, check out foodcountry.ca.

ISTOCK IMAGE

Garlic Steamed Broccoli

Start to finish: 10 mins.
Serves: 4

Preparation:

1. Cut the broccoli into small florets. Trim the stalk bottom and discard. Cut the remaining stalk into thin slices.
2. Splash enough water into a small sauce pot to cover the bottom, about 1/4 inch (5 mm) deep. Add the sliced broccoli stems, oil, garlic and salt. Begin heating over medium-high heat.
3. When water starts to simmer, the garlic will lose much of its pungency and perfume the steam. Add the broccoli florets and cover pot with a tight lid.
4. Steam until the broccoli is tender and bright green, no more than five minutes. The water will finish evaporating just as the broccoli finishes cooking.
5. Remove the pan from the heat and give it a good shake before tossing the broccoli with the oil and garlic. Serve immediately. THE CANADIAN PRESS

Ingredients:

- 1 head of broccoli
- A splash of olive oil
- A clove or two of thinly sliced garlic
- A splash of water
- A sprinkle or two of salt and pepper

spice up your winter

These spicy sweet and sour franks are just the answer for cold and hungry tobogganers and skiers after a winter day outdoors.

Simply pop the franks into your slow cooker and they are ready two to three hours later.

1. Combine all ingredients in a slow cooker; mix well. Cover and cook on low for 2 to 3 hours.
2. Serve warm or at room temperature with additional hot pepper sauce, if desired. Makes 4 dozen franks.

Ingredients:

- 2 pkgs (each 250 g/8 oz) cocktail franks
- 125 ml (1/2 cup) ketchup or chili sauce
- 125 ml (1/2 cup) apricot preserves
- 5 ml (1 tsp) hot sauce
- Additional hot pepper sauce (optional)

THE CANADIAN PRESS/ HO

▶ These spicy sweet and sour franks are made in a slow cooker.

because the little black dress is little.
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H_2O social media

Everything's going digital – even how we monitor our water use. Here's some apps and online tools to get the know-how on looking after our H_2O.

Water Buddy Everyone is talking about reducing personal water consumption. This iPhone app keeps a record of your water meter readings and suggests ways to limit your usage.

Water Footprint Calculator With a little help from this cartoon duck, National Geographic has set up an online water calculator to help measure usage across various areas.

Virtual Water This nifty app shows how much freshwater is used to produce some everyday products. Who knew that 500 grams of barley needs some 650 litres of water to grow?

ANTHONY JOHNSTON

GETTY IMAGES

▶ Is this your way of getting the best out of water?

A water footprint

We've all heard of our carbon footprint — the measure of how much CO_2 is emitted into the atmosphere due to our daily lifestyle. But what about our water footprint? Many industries have been talking about how to conserve water, and are doing it just in the nick of time: The UN predicts that two-thirds of us will experience water shortages by 2025.

At home, we have a water meter, which records only a small fraction of a country's usage. The rest — used in industries — remains a bit of a mystery, a concept known as "embedded water."

Unfortunately, scientists don't yet have a standardized way to measure the impact of this embedded water. Unlike carbon, some uses of water are much more destructive than others. There's a big difference between a factory using water for cooling and one that mixes toxic chemicals with water. The key issue is what we do with it. California's Pacific Gas & Electric was recently ordered to do more tests on water they had contaminated in a scandal dramatized in the movie Erin Brockovich.

MICHAEL GRAHAM RICHARD

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

RECYCLING A CHILD'S SEAT

All car seats are stamped with an expiration date, but what's a family to do with old, expired car seats? We have three sitting in our garage, and our regular recycling program won't take them. I hate to think of dumping them into the landfill because it seems so wasteful. Any suggestions? - *Melanie of St. Albert, Alberta*

I must admit this question initially had me stumped. I'd never heard of anyone recycling a child's car seat before. And after a few inquiries I now understand why. It's near impossible.

The City of Edmonton's "Wasteman" informed me that child seats aren't recyclable because they contain too many types of materials — plastic, metal and cloth. However, one lead uncovered a recycler in Alberta called Kidseat Recyclers that accepts expired car seats. The bad news (for you) is that they're in Calgary. I'd suggest getting in touch with Kidseat Recyclers to find out if they do collections outside of Calgary, or if they know of any businesses planning to expand this service.

Calgary residents can visit kidseatrecyclers.ca for more information about recycling expired seats at various Round-Up Clinics or Inspection Clinics. Kidseat charges a recycling fee of $7 per car seat and an additional $2 for the base. You must also remove all fabric, foam and webbing.

Also, the Recycling Council of B.C. (604-RECYCLE) suggested Pacific Mobile Depots pacificmobiledepots.com, which sets up a depot in Vancouver, North Vancouver and Coquitlam every third Saturday of the month from 9 a.m. until noon.

David Suzuki Foundation

Predicting world changing scenarios

A study predicts there will be havoc akin to a big-budget Hollywood disaster movie in the next 1,000 years even if people stop emitting all carbon dioxide into the atmosphere now.

Researchers from the University of Calgary and Environment Canada's climate centre at the University of Victoria say coastal areas will flood and the Earth's land mass will shrink as global sea levels rise by at least four metres.

They also believe parts of North Africa will dry out by up to 30 per cent and ocean warming is likely to trigger widespread collapse of the West Antarctic ice sheet, a region the size of the Canadian Prairies.

"It's probably slower playing than some of the disaster movies," said Shawn Marshall, a geography professor at the University of Calgary who holds the Canada Research Chair in Climate Change.

"We were kind of surprised by the result, actually. Even if we change behaviour and totally change society, we're still in store for a lot of bad scenarios. I feel a bit defeatist from it."

The team used computer modelling to speculate how the world would change by the year 3000 in a "zero emissions" scenario.

The results are published in Sunday's advanced online publication of the journal Nature Geoscience.

The Northern Hemisphere fares better than the south in the model with patterns of climate change eventually reversing within the 1,000-year time frame in places such as Canada.

"Canada and Russia would fare the best," Marshall said. "I don't think you'll find many people really complaining about a five-degree warming. Canada is in a good position globally — there's no question about that."

However, the continued heat in Africa will create food shortages.

"In Africa, it just gets worse, but then other countries like Russia and Canada could get better. It's just a matter of whether we can reach some kind of model of global co-operation."

Since zero emissions is not going to happen in the foreseeable future, the researchers also plotted out what will happen if the world keeps a "business as usual" approach.

"If we drop dead with emissions right now, the Arctic sea ice gets worse for another 10 or 20 years but then it comes back — so by 2100 it's back to what we're used to.

"If we keep business as usual, the sea ice in the Arctic is mostly gone."

Marshall said the most realistic scenario probably falls somewhere in the middle.

THE CANADIAN PRESS

Climate change

Shawn Marshall hopes people will take away from the study that serious efforts to cut greenhouse gases need to be made now to mitigate the damage.

▶ **Quoted:** "There's a lot of legacy in the choices we make this century. We're seeing a lot of the early signs of climate change. If you're looking at a risk analysis, just realize that these changes we're making to the atmosphere do have a long-term effect."

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HIS COMPETITION HAS TRULY GONE WITH THE WIND

The winds of change are blowing through the wireless communications industry. Can you feel it?

WIND Mobile is the brainchild of 36-year-old entrepreneur Anthony Lacavera. He is out to change the wireless industry in Canada and challenge the way Bell, Rogers and Telus do business. Lacavera puts it simply: "It's time someone shook them up."

If you want to run with the big boys you have to create your own turning point.

After months of persistent phone calls Lacavera finally found himself in front of Egyptian wireless billionaire Naguib Sawiris.

After hearing Lacavera's pitch, Sawiris decided he liked the passionate Canadian. Lacavera suddenly had the $700 million dollars in capital he needed to push Globalive to the next level.

WIND Mobile launched in December of 2009 and now has over 100,000 new customers.

"My dream is for Globalive to become the fourth largest telecommunication company in Canada."

A new year has begun. Do you have dreams and hopes for the future like Anthony Lacavera? Go for it! Craft your vision and then find a way to get it done.

Anthony's advice

- Building a business has up and down moments — in a down moment I always try to focus on the things I've done that have led to the up moments.
- Whenever I meet an extraordinary person, I try to think of a way to make it exciting for them to join our team!
- I have learned not to go after every great idea that I come across. It is so important to stay focused on what you do well and build from there.
- Always make time for yourself to do whatever you enjoy no matter how much work you have to do.
- I try to follow both my heart and mind on any important decision.

▶ Anthony Lacavera, mastermind of WIND Mobile, earned a $700 million investment thanks to a passionate pitch.

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Talking tough

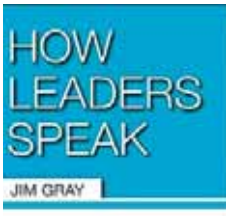
BOOK REVIEW

CRAIG LUND
WORK@METRONEWS.CA

There are many things we can do to improve our chances of moving up the career ladder, or if you're an entrepreneur, to increase your profile as a subject matter expert.

Public speaking however is one of those things that can either make or break you, which is probably why it strikes fear in so many people's hearts... more so than, say, networking in a room full of strangers.

According to Jim Gray, "The ability to speak convincingly to others — to compel them — has to rank as one of the most important business skills in life."



▶ How Leaders Speak by Jim Gray retails for $19.99.

In his book, When Leaders Speak, Gray, who is a public speaker himself and a media advisor, illustrates how important it is to get it right.

"You don't have to be running a Fortune 500 company to be scrutinized on your presentation skills. You are continually being evaluated by how well you speak, how credibly, how naturally and how enthusiastically," says Gray.

The author has done a great job breaking down his book into five key principles that will get your speaking game in tune.

Preparation is the first of the five and I think by far the strongest component to nailing your speaking engagement, especially if delivering presentations is not something you do too often. The remaining keys include certainty, passion, engagement and commitment.

Grays book is a succinct and easy read. I found that even his most basic principles reinforced my own confidence, and have already seen terrific improvement.

CRAIG LUND IS THE PRESIDENT ELECT OF THE AMERICAN MARKETING ASSOCIATIONS TORONTO CHAPTER AND CAN BE REACHED AT

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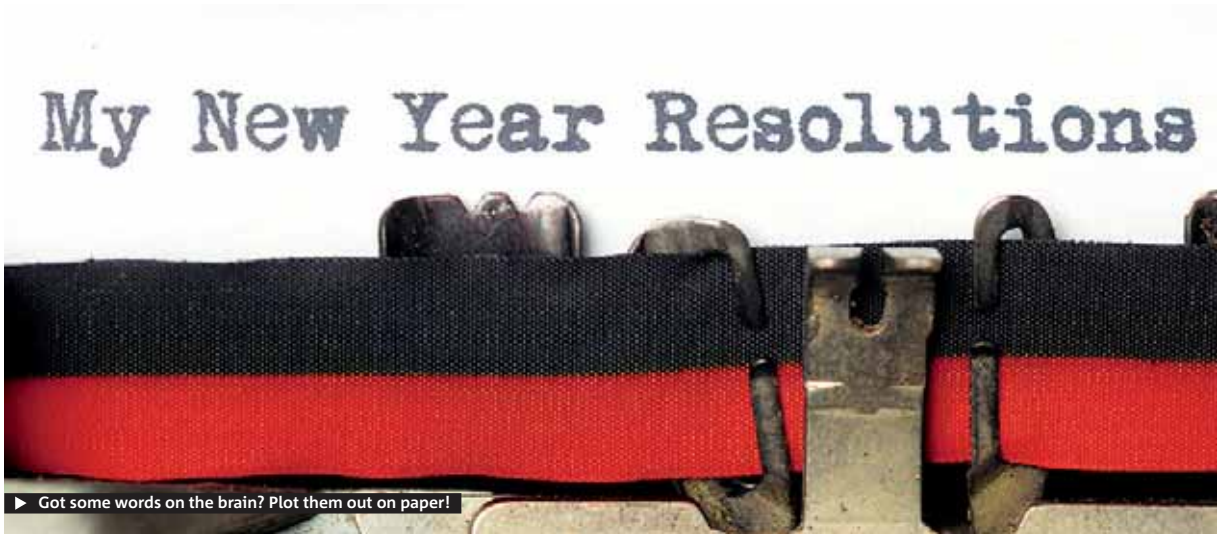

▶ Got some words on the brain? Plot them out on paper!

Page party

- On January 27, 2011, Canadians from coast to coast to coast will Play for Literacy in support of Family Literacy Day.
- Literacy Day is an annual initiative developed by ABC Life Literacy Canada to encourage parents and children to spend at least 15 minutes enjoying a learning activity every day.
- To take part in Family Literacy Day, and to Play for Literacy, visit FamilyLiteracyDay.ca to find a local event or access resources to create your own celebration.

Famiy Literacy Day is just around the corner
Dust off that old paperback and lavish in all things literature

This year, make a resolution for lifelong learning with these literacy tips from ABC Life Literacy Canada.

• Take a course or upgrade your skills. People with higher literacy skills earn more income, are less likely to be unemployed and are more likely to find full-time work. To find help with reading, writing and math, visit www.LookUnderLearn.ca.

• Exercise your mind. Challenge yourself by doing the daily crossword or Sudoku puzzle.

• Read aloud together, no matter how old you are. Reading ability is like a muscle. If you don't exercise it often, you may not be able to maintain the same level of reading ability as you age. Encourage all family members to read and discuss items from newspapers and websites to keep up-to-date on what is happening around the world.

• Write on. Keep a journal to express your thoughts and help polish your writing skills. Or, send a handwritten letter or thank you note to a friend, family member or co-worker.

• Teach kids how to save. Take time to open a savings account for your child. Consider seeding it with a few dollars and then have them put a portion of their allowance or earned money in the account. This is a great way to get them in the healthy habit of saving and thinking about achieving financial goals.

• Give the gift of words. Need inspiration for birthday, wedding or anniversary gifts this year? Why not give magazine subscriptions, books, or make a donation to a literacy organization in your community?

• Start a book club. Spend time with some of your favourite people talking about some of your favourite characters. Go online for tips on how to get started.

• Be a mentor. Offer to proofread homework or verify math answers after your child has done the work.

• Participate in Family Literacy Day. On January 27, 2011, thousands of Canadians will take part in Family Literacy Day events in schools, libraries, literacy organizations and homes across the country. You can find out how to join in at familyliteracyday.ca. NEWSCANADA

Satellites are connecting some of Canada's top scientists with students and teachers in communities across the country.

Through highly interactive educational workshops using videoconferencing, the Canadian Space Agency is working with educators, community organizations, museums and science centres to reach out and inspire students in communities all over Canada.

One of the most popular video conference workshops is How to Explore Mars, where students apply the science concepts they learn while studying Mars exploration of the past, present and future.

Students then take part in a simulation showing the challenges of communicating between Earth and Mars. Distance-learning programs leverage the ability of experts to inspire youthful curiosity.

Tapping into an increasingly computer-literate student population, the Space Learning Program directs an interactive, real-time virtual classroom that connects up to 100 students anywhere in the country. In the virtual class workshop about Earth observation, students learn directly from an expert how to read an image taken by RADARSAT. NEWSCANADA

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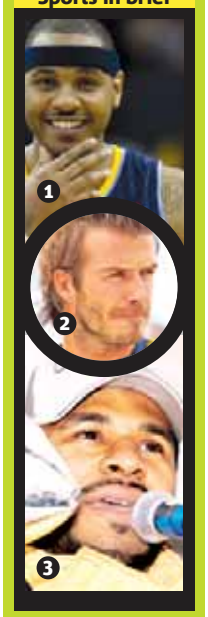
4 sports

Sports in brief



1 The Nets were closing in on a deal to land Carmelo Anthony yesterday.

2 David Beckham's proposed loan to Tottenham fell through because of insurance issues.

3 Jerome Bettis Curtis Martin, Marshall Faulk, and Deion Sanders are among 15 finalists for the Pro Football Hall of Fame.

THE ASSOCIATED PRESS

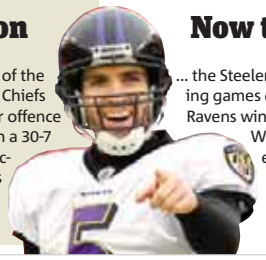
Scan code for more sports

Wild weekend as playoffs begin

- Seahawks stun Saints, while three other teams get wins on the road
- Here's a look at the opening-round results, and next week's matchups

How they won

Ray Lewis, Ed Reed and the rest of the battle-tested Ravens rattled the Chiefs into five turnovers and held their offence to 25 yards in the second half in a 30-7 playoff victory yesterday. Joe Flacco threw two touchdown passes and Billy Cundiff kicked three field goals.



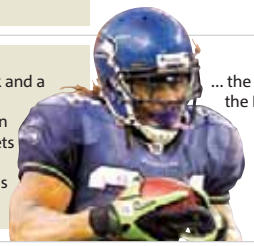
Now they face ...

... the Steelers. They split two bone-crushing games during the season, with the Ravens winning 17-14 at Pittsburgh in Week 4, the last game of Steelers quarterback Ben Roethlisberger's suspension. The Steelers took the rematch, 13-10.

Aaron Rodgers threw three touchdown passes, seldom-used rookie James Starks ran for 123 yards, and the Green Bay Packers beat Michael Vick and the Philadelphia Eagles 21-16 in an NFC wild-card game yesterday.

... the Falcons. Atlanta (13-3) is the top seed in the NFC, and beat Green Bay 20-17 in November at home. Now the two teams will meet again in Atlanta.

Pete Carroll, Matt Hasselbeck and a Seattle team no one believed deserved to be in the post-season pulled off one of the biggest upsets with a 41-36 victory over the defending champion New Orleans Saints on Saturday.



... the Bears. Seattle is familiar with the Bears (11-5), having defeated them 23-20 in Chicago in Week 6.

Nick Folk kicked a 32-yard field goal as time expired Saturday night, giving the New York Jets a 17-16 playoff victory over Indianapolis. The Colts (10-7) beat the Jets for the AFC title a year ago.

... the Patriots. The last time they met, the Patriots won 45-3 in a prime-time romp. In Week 2, though, the Jets won 28-14. "We've been wanting the Patriots for a while now," tight end Dustin Keller said. "Ever since that game."

THE ASSOCIATED PRESS

The point is offence for BCS title

Steve Spurrier, the football coach who knows a little about offence, said the game could wind up 60-55.

Kirk Herbstreit, the TV analyst who knows a little about these teams, said defences must bristle when they keep hearing about scores in the 55-53 range.

The bookmakers in Las Vegas, who don't throw out their numbers just for fun, envision something more like 38-35.

There's a reason Auburn and Oregon are playing in the BCS national title game tonight.

These are two newcomers to the championship scene, both with offences that, almost literally, never take a break. Auburn has Cam Newton, the Heisman Trophy winner who led the Southeastern Conference in rushing, passer efficiency and scoring. Oregon has LaMichael James, the key to an offence that likes to snap the ball nine to 11 seconds after the end of the previous play, and one that scores a nation-high 49.1 points per game.

"We're anticipating it being very quick, obviously, from the things that we've heard," Auburn coach Gene Chizik said. "But we're prepared for that."

Auburn has been pummelled all season with questions about Newton's status, the result of a meandering investigation into allegations that his father was involved in a failed pay-for-play scheme during Newton's recruitment to Mississippi State.

The NCAA cleared Newton to play shortly before the SEC title game, and with the Tigers confident — at least for now — they won't have to give back the crystal ball if they win it, the most notable thing to pass for controversy this week has been the debate over whether Auburn defensive lineman Nick Fairley is a cheap-shot artist.

Fairley, the Lombardi Award winner as the nation's best lineman, has brandished a reputation for playing very hard through the whistle, and sometimes beyond.

THE ASSOCIATED PRESS

Cam Newton

Dealing with Auburn QB Cam Newton will be key for the Ducks.

- The Ducks play about 24 defensive players to keep them fresh, but it doesn't make them any bigger.
- Only five players on Oregon's two-deep defensive depth chart weigh more than the 250-pound Auburn quarterback.
- Newton rushed 1,409 yards, threw for 2,589 and accounted for 49 touchdowns.
- Heisman Trophy winners have gone 2-6 in BCS title games after they won the award, so the Ducks do have that going for them.

THE ASSOCIATED PRESS

Hit costs Flame six games

Calgary Flames forward Tom Kostopoulos was given a six-game suspension by the NHL yesterday for his head shot on Red Wings defenceman Brad Stuart.

Stuart was injured during the third period of Detroit's 5-4 shootout victory at Calgary on Friday night. He's expected to be sidelined for at least six weeks.

"Kostopoulos delivered a blow to the head of an unsuspecting and vulnerable player," NHL disciplinarian Colin Campbell said in a statement. "As well, he targeted the head of his opponent and, while the hit was not from the blindside, the head was the principle point of contact."

Campbell also said the fact that Stuart was not in possession of the puck at the time was a factor in his decision.

Kostopoulos and acting Flames general manager Jay Feaster released a statement maintaining the team's position that the hit was legal and thus the suspension unwarranted.

"I'm extremely disappointed in the league's ruling as I believe I have not done anything illegal," said Kostopoulos. "I'm sorry that Brad was hurt on the play and I hope he returns to play soon, but it was never my intention to injure him and I definitely did not target the head."

The Red Wings called for the league to come down hard on Kostopoulos, with Detroit head coach Mike Babcock saying Saturday, "If you make a stand hard enough when this stuff happens, this stuff won't happen."

Babcock also called Kostopoulos's hit "really disappointing" and "a needless play."

Kostopoulos will forfeit $29,569.92 US in salary. The hit came in the first full season in which the NHL is handing out discipline for head shots.

A Kostopoulos elbow also sidelined Minnesota's Nick Schultz with a concussion earlier this season.

THE CANADIAN PRESS

BERESWILL/GETTY IMAGES

Tom Kostopoulos

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	41	26	10	2	3	137	107	57	13-6-0-2	13-4-2-1	7-3-0-0	W3
d-Tampa Bay	43	25	13	3	2	128	137	55	12-3-1-1	13-10-2-1	6-3-1-0	L1
d-Boston	40	21	12	2	5	113	91	49	9-7-1-2	12-5-1-3	5-2-1-2	L2
Pittsburgh	43	26	13	2	2	136	101	56	14-8-1-0	12-5-1-2	5-3-0-2	L2
Washington	42	24	12	3	3	123	109	54	15-4-2-3	9-8-1-0	6-1-2-1	W1
NY Rangers	43	25	15	2	1	126	107	53	10-8-1-1	15-7-1-0	6-2-1-1	W3
Atlanta	45	22	16	3	4	140	140	51	11-8-1-2	11-8-2-2	3-5-2-0	L2
Montreal	42	23	16	3	0	105	99	49	14-5-3-0	9-11-0-0	4-5-1-0	W2
Carolina	41	20	15	2	4	121	123	46	9-7-1-1	11-8-1-3	5-3-2-0	W2
Buffalo	41	18	18	5	0	113	119	41	9-10-1-0	9-8-4-0	5-4-1-0	W2
Florida	40	18	20	1	1	109	106	38	8-8-1-1	10-12-0-0	4-4-1-1	L3
Ottawa	42	16	20	4	2	93	126	38	9-12-1-1	7-8-3-1	3-4-2-1	L5
Toronto	40	16	20	2	2	105	121	36	9-10-2-1	7-10-0-1	4-6-0-0	W2
NY Islanders	40	13	21	3	3	94	130	32	7-7-1-2	6-14-2-1	6-3-0-1	L1
New Jersey	42	11	29	1	1	78	133	24	7-13-1-1	4-16-0-0	2-8-0-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	41	27	8	3	3	141	99	60	15-3-1-2	12-5-2-1	8-0-1-1	L1
d-Detroit	42	27	10	4	1	145	118	59	13-5-3-1	14-5-1-0	7-2-1-0	W3
d-Dallas	43	25	13	1	4	124	118	55	12-6-1-3	13-7-0-1	5-3-0-2	W1
Nashville	41	22	13	4	2	106	97	50	10-4-3-2	12-9-1-0	5-5-0-0	W5
Anaheim	45	23	18	2	2	117	123	50	15-7-0-1	8-11-2-1	6-4-0-0	W2
Chicago	44	23	18	2	1	136	121	49	14-10-0-0	9-8-2-1	6-4-0-0	W2
Colorado	42	21	15	6	0	139	134	48	11-8-3-0	10-7-3-0	3-5-2-0	L2
Los Angeles	41	23	17	1	0	124	105	47	14-6-1-0	9-11-0-0	5-5-0-0	W1
Phoenix	41	19	13	6	3	113	117	47	8-5-3-2	11-8-3-1	4-4-1-1	L1
Minnesota	42	21	16	1	4	107	118	47	10-10-0-2	11-6-1-2	6-3-0-1	L1
San Jose	43	21	17	4	1	119	118	47	10-7-2-1	11-10-2-0	4-6-0-0	L4
St. Louis	40	20	14	2	4	107	112	46	14-6-0-2	6-8-2-2	5-4-0-1	L3
Columbus	42	20	19	2	1	107	130	43	11-9-0-1	9-10-2-0	4-6-0-0	L4
Calgary	42	18	20	1	3	112	123	40	11-8-0-1	7-12-1-2	4-5-0-1	L3
Edmonton	40	13	20	1	6	101	138	33	7-11-1-2	6-9-1-3	2-6-0-2	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Carolina 4 Atlanta 3 (OT)
New Jersey 6 Tampa Bay 3
Dallas 4 Minnesota 0
Chicago 5 N.Y. Islanders 0
Anaheim 1 San Jose 0
Saturday's results
Montreal 3 Boston 2 (OT)
Detroit 2 Vancouver 1 (SO)
Tampa Bay 2 Ottawa 1
Buffalo 2 Phoenix 1 (OT)
Los Angeles 6 Columbus 4
Minnesota 4 Pittsburgh 0
Nashville 2 San Jose 1
N.Y. Islanders 4 Colorado 3 (OT)
N.Y. Rangers 2 St. Louis 1
Philadelphia 2 New Jersey 1
Washington 3 Florida 2
Tonight's games
(All times Eastern)
Boston at Pittsburgh, 7 p.m.
Phoenix at St. Louis, 9 p.m.
Detroit at Colorado, 9:30 p.m.
Toronto at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	34	66
Stamkos, TB	31	26	57
D.Sedin, Vcr	25	29	54
H.Sedin, Vcr	9	45	54
St. Louis, TB	18	34	52
B.Richards, Dal	18	29	47
Zetterberg, Det	15	32	47
Perry, Ana	21	24	45
Eriksson, Dal	16	29	45
Kopitar, LA	15	30	45
Ovechkin, Wash	15	29	44
Sharp, Chi	24	18	42
Byfuglien, Atl	16	25	41
Kesler, Vcr	23	17	40
E.Staal, Car	20	20	40
Duchene, Col	16	24	40
Datsyuk, Det	12	27	39
Lidstrom, Det	11	28	39
Backstrom, Wash	11	27	38
Havlat, Minn	10	28	38
Iginla, Cal	17	20	37
Heatley, SJ	15	22	37
Getzlaf, Ana	13	24	37
M.Richards, Pha	13	24	37
Selanne, Ana	12	25	37
Dubinsky, NYR	16	20	36
Giroux, Pha	16	20	36
P.Stastny, Col	15	21	36
Clowe, SJ	11	25	36
M.Koivu, Minn	10	26	36
Enstrom, Atl	8	28	36
Letang, Pgh	6	30	36
Semin, Wash	18	17	35
Toews, Chi	16	19	35
J.Williams, LA	16	19	35
Ladd, Atl	14	21	35
Hejduk, Col	13	22	35
Roy, Buf	10	25	35
J.Thornton, SJ	10	25	35
Ribeiro, Dal	9	26	35
Nash, Clb	20	14	34
D.Brown, LA	17	17	34
J.Carter, Pha	16	18	34
Malkin, Pgh	15	19	34
Briere, Pha	21	12	33
Franzen, Det	18	15	33
MacArthur, Tor	12	21	33
Grabovski, Tor	17	15	32
Plekanec, Mtl	12	20	32
Backes, StL	11	21	32
Visnovsky, Ana	7	25	32
Vanek, Buf	16	15	31
Skinner, Car	13	18	31
P.Kane, Chi	12	19	31
Malone, TB	10	21	31
Tanguay, Cal	10	21	31
Ruutu, Car	9	22	31
J.Johnson, LA	4	27	31
Ryan, Ana	17	13	30
Marleau, SJ	15	15	30
Neal, Dal	14	16	30
Versteeg, Tor	12	18	30
Yandle, Pho	6	24	30
Liles, Col	5	25	30
Kessel, Tor	17	12	29
Umberger, Clb	14	15	29
Leino, Pha	9	20	29
Boyle, SJ	5	24	29
Rafalski, Det	2	27	29
Couture, SJ	19	9	28
Smyth, LA	17	11	28
Lucic, Bos	16	12	28
Kulemin, Tor	15	13	28
Steen, StL	14	14	28
Tavares, NYI	14	14	28
Kunitz, Pgh	13	15	28
Cammalleri, Mtl	12	16	28
Doan, Pho	10	18	28
Kaberle, Tor	1	27	28
Morrow, Dal	17	10	27
Penner, Edm	12	15	27
Fleischmann, Col	11	16	27

Not including last night's games

TENNIS

ATP CHENNAI OPEN

At Chennai, India
Singles
Championship
Stanislas Wawrinka (3), Switzerland, def. Xavier Malisse (7), Belgium, 7-5, 4-6, 6-1.
Doubles
Championship
Mahesh Bhupathi and Leander Paes (1), India, def. Robin Haase, Netherlands, and David Martin, U.S., 6-2, 6-7 (3), 10-7 tiebreak.

ATP-WTA BRISBANE INT'L

At Brisbane, Australia
Men
Singles
Championship
Robin Soderling (1), Sweden, def. Andy Roddick (2), U.S., 6-3, 7-5.
Doubles
Championship
Lukas Dlouhy, Czech Republic, and Paul Hanley (3), Australia, vs. Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, 6-4, retired.

WTA MOORILLA HOBART INT'L

At Hobart, New Zealand
Singles
First Round
Roberta Vinci (4), Italy, def. Romina Oprandi, Italy, 7-6 (0), 6-3.
Sara Errani (7), Italy, def. Anna Chakvetadze, Russia, 7-6 (5), 6-3.
Angelique Kerber (8), Germany, def. Kimiko Date-Krumm, Japan, 7-5, 7-6 (3).
Ayumi Morita, Japan, def. Akgul Amanmuradova, Uzbekistan, 3-6, 6-1, 7-6 (3).

ATP-WTA MEDIBANK INT'L

At Sydney, Australia
Women
Singles
First Round
Kim Clijsters (3), Belgium, def. Alexandra Dulgheru, Romania, 6-1, 6-2.
Svetlana Kuznetsova, Russia, def. Jelena Dokic, Australia, 6-2, 6-2.

SKIING

WOMEN'S SUPER-G

At Alternmarkt-Zauchensee, Austria
1. Lara Gut, Switzerland, one minute 12.82 seconds; 2. Lindsey Vonn, U.S., 1:13.35; 3. Dominique Gisin, Switzerland, 1:13.54 **Also: 9. Britt Janyk, Whistler, B.C., 1:14.26 30. Marie-Michele Gagnon, Lac-Etchemin, Que., 1:15.70. 35. Georgia Simmerling, West Vancouver, B.C., 1:16.87.**
World Cup Super-G Standings
(after two races)
1. Lindsey Vonn, U.S., 180 points; 2. Maria Riesch, Germany, 120; 3. Lara Gut, Switzerland, 100; 4. Dominique Gisin, Switzerland, 89; 5. Julia Mancuso, U.S., 75
Overall World Cup Standings
(after 17 events)
1. Maria Riesch, Germany, 923 points; 2. Lindsey Vonn, U.S., 827; 3. Elisabeth Goergl, Austria, 565; 4. (tie), Tanja Poutiainen, Finland, and Tina Maze, Slovenia, 480

MEN'S SLALOM

At Adelboden, Switzerland
1. Ivica Kostelic, Croatia, one minute 50.90 seconds (55.24-55.66); 2. Marcel Hirscher, Austria, 1:51.16 (56.02-55.14); 3. Reinfried Herbst, Austria, 1:52.19 (57.68-54.51); 4. Mario Matt, Austria, 1:52.45 (58.07-54.38); **5. Michael Janyk, Whistler, B.C., 1:52.50 (56.74-55.76) Also: 17. Brad Spence, Calgary, 1:53.86 (58.78-55.08) 20. Trevor White, Calgary, 1:54.34 (59.00-55.34)**
World Cup Slalom Standings
(after four races)
1. Ivica Kostelic, Croatia, 253 points; 2. Andre Myhrer, Sweden, 204; 3. Marcel Hirscher, Austria, 196
Overall World Cup Standings
(after 15 events)
1. Ivica Kostelic, Croatia, 504 points; 2. Aksel Lund Svindal, Norway, 435; 3. Silvan Zurbriggen, Switzerland, 421

TRANSACTIONS

BASKETBALL

NBA

PHOENIX SUNS—Signed G Zabian Dowdell to a 10-day contract.

FOOTBALL

NFL

OAKLAND RAIDERS—Voided the final year of CB Nnamdi Asomugha because he did not reach certain incentives, making him a free agent.

HOCKEY

NHL

LEAGUE OFFICE—Suspended Calgary F Tom Kostopoulos six games and announced he will forfeit $29,569.92 in salary for delivering a blow to the head of Detroit D Brad Stuart during Friday's game.
ANAHEIM DUCKS—Reassigned D John de Gray from Syracuse (AHL) to Elmira (ECHL).
ATLANTA THRASHERS—Recalled F Spencer Machacek and F Tim Stapleton from Chicago (AHL).
CAROLINA HURRICANES—Reassigned D Brett Carson to Charlotte (AHL).
COLUMBUS BLUE JACKETS—Assigned D Mike Commodore to Springfield (AHL). Called up D Grant Clitsome from Springfield.
NEW JERSEY DEVILS—Recalled D Mark Fayne from Albany (AHL).
NEW YORK RANGERS—Recalled F Kris Newbury from Connecticut (AHL).

SOCCER

FIFA—Announced the resignation of Guenter Hirsch from the ethics commission.

FOOTBALL

NCAA

BOWL GAMES

(All times Eastern)
Last night's result
FIGHT HUNGER BOWL
At San Francisco
Boston College vs. Nevada
Tonight's games
BCS NATIONAL CHAMPIONSHIP
At Glendale, Ariz.
Auburn (13-0) vs. Oregon (12-0), 8:30 p.m.

NFL

WILD-CARD PLAYOFFS

Yesterday's results
AFC
Baltimore 30 Kansas City 7
NFC
Green Bay 21 Philadelphia 16
Saturday's results
AFC
N.Y. Jets 17 Indianapolis 16
NFC
Seattle 41 New Orleans 36

DIVISIONAL PLAYOFFS

Saturday, Jan. 15
All times Eastern
AFC
Baltimore at Pittsburgh, 4:30 p.m.
NFC
Green Bay at Atlanta, 8 p.m.
Sunday, Jan. 16
NFC
Seattle at Chicago, 1 p.m.
AFC
N.Y. Jets at New England, 4:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	28	8	.778	½
d-Miami	30	9	.769	—
Orlando	25	12	.676	4
d-Chicago	24	12	.667	4½
Atlanta	25	14	.641	5
New York	21	15	.583	7½
Indiana	14	20	.412	13½
Philadelphia	15	22	.405	14
Milwaukee	14	21	.400	14
Charlotte	13	21	.382	14½
Toronto	13	24	.351	16
Detroit	12	24	.333	16½
New Jersey	10	27	.270	19
Washington	9	26	.257	19
Cleveland	8	29	.216	21

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	31	6	.838	—
Dallas	26	10	.722	4½
d-L.A. Lakers	27	11	.711	4½
d-Oklahoma City	25	13	.658	6½
d-Utah	25	13	.658	6½
New Orleans	22	16	.579	9½
Denver	20	16	.556	10½
Portland	20	18	.526	11½
Memphis	17	20	.459	14
Houston	16	21	.432	15
Phoenix	15	20	.429	15
Golden State	15	22	.405	16
L.A. Clippers	12	24	.333	18½
Minnesota	9	29	.237	22½
Sacramento	8	26	.235	21½

d-division leader
Yesterday's results
Toronto 118 Sacramento 112
L.A. Clippers 106 Golden State 91
San Antonio 94 Minnesota 91
Phoenix 108 Cleveland 100
Miami 107 Portland 100 (OT)
New Orleans 96 Denver 87
L.A. Lakers 109 New York 87
Saturday's results
Atlanta 108 Indiana 93
Charlotte 104 Washington 89
Milwaukee 115 New Jersey 92
Detroit 112 Philadelphia 109 (OT)
Chicago 90 Boston 79
Oklahoma City 109 Memphis 100
Orlando 117 Dallas 107
Utah 103 Houston 99 (OT)
Tonight's games
(All times Eastern)
Memphis at Charlotte, 7 p.m.
Houston at Boston, 7:30 p.m.
Detroit at Chicago, 8 p.m.

RAPTORS 118, KINGS 112

SACRAMENTO (112)
Garcia 4-11 4-4 13, Thompson 6-12 7-8 19, Cousins 8-14 2-3 18, Udrih 9-17 4-6 25, Taylor 2-8 0-0 4, Dalembert 1-2 0-0 2, Landry 7-13 8-10 22, Casspi 3-11 2-2 9, Jeter 0-3 0-1 0, Greene 0-0 0-0 0, Jackson 0-0 0-0 0, Head 0-0 0-0 0. Totals 40-91 27-34 112.
TORONTO (118)
Kleiza 3-9 1-2 7, Dorsey 1-1 0-2 2, Bargnani 12-19 4-5 30, Calderon 5-11 3-3 13, DeRozan 13-20 2-3 28, Johnson 3-3 2-2 8, Davis 0-1 2-2 2, Barbosa 7-11 1-2 18, Bayless 4-7 1-2 10, Wright 0-0 0-0 0. Totals 48-82 16-23 118.

Sacramento	31	19	35	27	112
Toronto	34	23	28	33	118

3-Point Goals—Sacramento 5-16 (Udrih 3-4, Casspi 1-5, Garcia 1-6, Taylor 0-1), Toronto 6-13 (Barbosa 3-3, Bargnani 2-4, Bayless 1-3, Calderon 0-1, Kleiza 0-2). Fouled Out—None. Rebounds—Sacramento 51 (Thompson 11), Toronto 48 (Johnson 9). Assists—Sacramento 19 (Jeter 6), Toronto 26 (Calderon 9). Total Fouls—Sacramento 19, Toronto 26. Technicals—Sacramento defensive three second, Toronto defensive three second. A—17,206 (19,800) at Toronto

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	34	318	267	960	28.2
Stoudemire, NYK	35	349	218	922	26.3
Ellis, GOL	36	343	171	920	25.6
Bryant, LAL	37	325	230	930	25.1
James, MIA	38	319	257	944	24.8
Wade, MIA	36	305	248	889	24.7

Not including last night's games

SOCCER

ENGLAND

FA CUP

THIRD ROUND
Yesterday's results
Manchester United 1 Liverpool 0
Tottenham 3 Charlton 0
Chelsea 7 Ipswich 0
Leicester 2 Manchester City 2

SCOTLAND

FA CUP

FOURTH ROUND
Yesterday's results
Dundee 0 Motherwell 4
Berwick 0 Celtic 2

SPAIN

LA LIGA

Yesterday's results
Espanyol 4 Zaragoza 0
Levante 0 Valencia 1
Mallorca 4 Almeria 1
Osasuna 0 Getafe 0
Racing Santander 1 Sporting Gijon 1
Real Madrid 4 Villarreal 2

PORTUGAL

LIGA

Yesterday's results
Academica 0 Pacos Ferreira 0
Guimaraes 1 Naval 2
Leiria 0 Benfica 3
Nacional 0 Beira Mar 0
Rio Ave 0 Olhanense 1

ITALY

SERIE A

Yesterday's results
AC Milan 4 Udinese 4
Bari 0 Bologna 2
Catania 1 Inter Milan 2
Cesena 0 Genoa 0
Chievo Verona 0 Palermo 0
Fiorentina 3 Brescia 2
Lazio 1 Lecce 2
Napoli 3 Juventus 0
Parma 1 Cagliari 2
Sampdoria 2 AS Roma 1

LACROSSE

NLL

EAST DIVISION

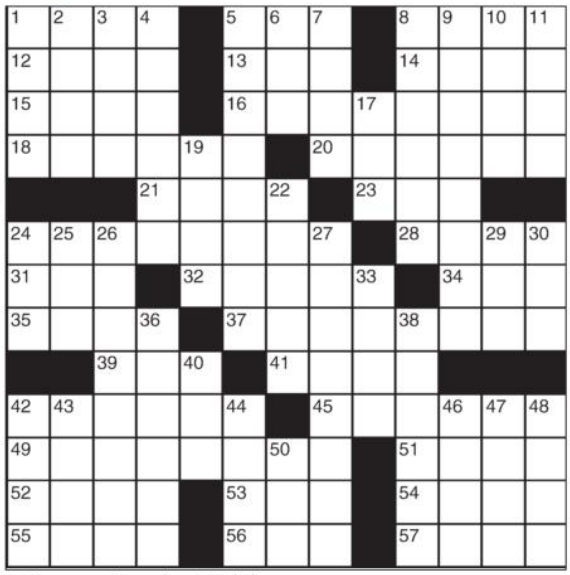
	GP	W	L	Pct.	GF	GA	GB
Toronto	1	1	0	1.000	13	7	—
Rochester	1	1	0	1.000	11	10	—
Boston	1	1	0	1.000	10	6	—
Buffalo	1	0	1	.000	9	10	1
Philadelphia	1	0	1	.000	6	10	1

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	2	2	0	1.000	23	20	-
Washington	2	1	1	.500	22	23	1
Colorado	1	0	1	.000	10	11	1½
Minnesota	1	0	1	.000	10	11	1½
Edmonton	1	0	1	.000	7	13	1½

WEEK ONE
Last night's result
Calgary 13 Washington 11
Saturday's results
Calgary 10 Buffalo 9
Toronto 13 Edmonton 7
Boston 10 Philadelphia 6
Rochester 11 Minnesota 10 (OT)
Washington 11 Colorado 10 (OT)
WEEK TWO
Friday's game
(All times Eastern)
Minnesota at Washington, 11 p.m.
Saturday, Jan. 15
Edmonton at Boston, 7:30 p.m.
Buffalo at Philadelphia, 7:30 p.m.
Toronto at Rochester, 7:35 p.m.
Colorado at Calgary, 9:30 p.m.

Crossword



Across

1 Eastern potentate
5 Knock
8 Wash
12 Bollywood costume
13 Id counterpart
14 Alkali neutralizer
15 Raindrop sound
16 Unsolved mystery, maybe
18 Martial arts instructor
20 Not so quietly
21 Aleutian island
23 Away from WSW
24 "Price Is Right" jackpot
28 Bullets, for short
31 Cushion
32 Coasters
34 Author Fleming
35 Came to land
37 Piece of luggage
39 Rowing tool
41 "Nerts!"
42 Pieces of work
45 Salary
49 Potential precedent
51 Swear
52 Capri or Wight
53 Scratch
54 Take out of context?
55 High-protein beans
56 Sullivan and McMahon
57 Picnic invaders

Down

1 Venomous snakes
2 Masculine
3 Press
4 Coarse cutting tool
5 One-person concerts
6 Past
7 Survey
8 Gap
9 Students' life
10 Workbench attachment
11 Linda of Broadway
17 Female deer
19 Extras (Abbr.)
22 Exhaust
24 Resort
25 Actor Linden
26 With malice
27 Enlighteners
29 More (Sp.)
30 Individual
33 Dazzle
36 Flavors
38 Locust
40 Fun and games
42 Elevator man
43 Mexican money
44 Unchanged
46 Microwave, e.g.
47 Lose feathers
48 Rams fans?
50 Despondent

▶ Friday's answer

T	S	P		H	E	W	S		P	A	U	L		
A	W	E		A	T	O	M		I	N	T	O		
B	A	L	L	Y	H	O	O		A	Y	E	S		
U	P	T	I	M	E		T	E	N					
			N	O	R		H	O	O	P	L	A		
S	H	R	E	W		P	E	N		E	E	L		
L	O	I	N		B	A	R		L	O	G	O		
A	B	C		C	R	Y		S	E	N	S	E		
Y	O	O	H	O	O		Q	U	A					
			A	P	T		U	N	S	U	N	G		
W	H	I	P		H	O	O	S	E	G	O	W		
H	E	L	P		E	R	I	E		L	O	Y		
O	N	L	Y		R	E	N	T		I	N	N		

Sudoku

	7		9		3	4	2	
					5			1
2						3		7
	4		2			8	5	
				4				
	9	8			7		1	
1		5						2
7			3					
	3	6	1		2		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

8	6	2	4	9	1	3	7	5
9	3	7	6	8	5	2	1	4
4	5	1	7	2	3	6	9	8
3	2	9	8	1	6	5	4	7
1	7	4	3	5	2	8	6	9
5	8	6	9	7	4	1	3	2
6	9	3	2	4	8	7	5	1
7	1	8	5	6	9	4	2	3
2	4	5	1	3	7	9	8	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

B.K. ....these past 2 years have been amazing. being with u has made me believe in miracles again. i love u with all my heart. you are my best friend, my ride n die, my family. lets make 2011 ours! xoxo **N.J.**

To my monkey, You have made the last year amazing. You are my best-friend, the love of my life and my partner in crime;) I can't wait to see what the future holds for us! Happy 1 year Anniversary **LOVE JOSE XXXO**

Hey winster!!!! I know it has been a long and challenging year. But you pulled through. just wanted to send you a kiss and remind you that you are an amazing friend and great mom:) keep being you and remember there are people out there that are proud to be called your friends:) Your craz-ay girlfriend **JANE:) XO**

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min -18° Max -15°	Min -21° Max -16°	Min -21° Max -17°

Andrew Schultz, Meteorologist

BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Use your head today and you won't go far wrong. Others may get emotional about what's going on but you must not allow petty feelings to get in the way of business.

♉ Taurus April 21-May 21 A creative project you have been working on for quite some time must be wrapped up quickly. Soon there will be other, more important, calls on your time and energy, so get it finished by the end of this week.

♊ Gemini May 22-June 21 Your dominant position will be challenged but anyone who thinks you will just roll over and play dead obviously doesn't know you too well.

♋ Cancer June 22-July 22 Cancer may be a cardinal sign but no matter how ambitious you may be there is only so much you can do in a day. Know your limits and stay within them.

♌ Leo July 23-Aug.23 You may be imperious by nature but you are always prepared to listen to good advice and what friends and family members tell you today is worth its weight in gold. Don't cash it in yet though – it's value will keep rising.

♍ Virgo Aug. 24- Sept. 22 Avoid negative thinking at all costs today. If you allow yourself to dwell on the worst that might happen you increase the chances of it coming about. A positive attitude is an absolute must.

♎ Libra Sept. 23-Oct. 23 There is something you have left unfinished, something that needs to be done as a matter of urgency. The longer you leave it the more likely it is you will have to rush it.

♏ Scorpio Oct. 24-Nov. 22 You need to spend some time alone today, if only to get your thoughts together. You don't have to ask anyone's permission to slip away for a few hours.

♐ Sagittarius Nov. 23-Dec. 21 Your are, of course, entitled to your opinions but are they backed up by the facts? If not you may have a hard time trying to explain to other people today why you are so passionate about what you believe.

♑ Capricorn Dec. 22-Jan. 20 A little effort will go a long way today. The Sun in your sign gives you no end of confidence and you won't hesitate to strike out in a new direction if it feels right.

♒ Aquarius Jan. 21-Feb. 18 What others say and what others mean today are likely to be two entirely different things, so don't take what you hear at face value.

♓ Pisces Feb. 19-March 20 The reason why certain people are being unhelpful is because of something you said to them, or about them, a long time ago. It may be silly that they still bear a grudge but it's up to you to make amends.

SALLY BROMPTON

Caption contest

WONG MAYE-E/ THE ASSOCIATED PRESS

WIN! **You write it!**

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

AIIT SOLANKI/THE ASSOCIATED PRESS

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